



Herbed Onion Marinated Steak

 Gluten Free  Dairy Free

READY IN



82 min.

SERVINGS



22

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp garlic minced
- 0.3 cup a.1. bold & spicy sauce
- 0.5 cup onion grated
- 4 tsp oregano leaves dried crushed
- 1.5 lb beef top round steak

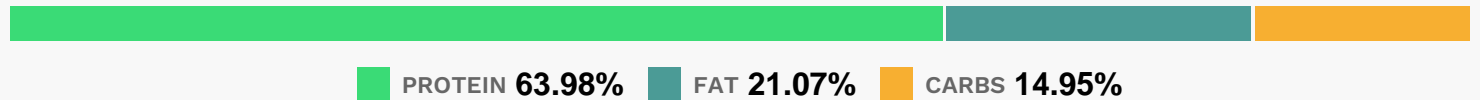
Equipment

- grill
- ziploc bags

Directions

- Mix onion, steak sauce, oregano and garlic.
- Place steak in shallow dish or resealable plastic bag.
- Add steak sauce mixture; turn over steak to evenly coat both sides. Cover.
- Refrigerate 1 hour to marinate, turning occasionally.
- Preheat grill to medium-high heat.
- Remove steak from marinade; discard marinade. Grill steak 4 to 6 minutes on each side or until cooked through.

Nutrition Facts



Properties

Glycemic Index:2.82, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.8226086892512%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 47.13kcal (2.36%), Fat: 1.07g (1.64%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1g (1.11%), Cholesterol: 18.87mg (6.29%), Sodium: 63.1mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Selenium: 9.95µg (14.21%), Vitamin B6: 0.22mg (11.11%), Vitamin B3: 2.15mg (10.75%), Zinc: 1.43mg (9.55%), Phosphorus: 71.37mg (7.14%), Vitamin B12: 0.42µg (6.96%), Iron: 0.74mg (4.13%), Potassium: 126.25mg (3.61%), Vitamin B2: 0.05mg (2.86%), Vitamin K: 2.43µg (2.31%), Magnesium: 9.07mg (2.27%), Vitamin B5: 0.22mg (2.2%), Vitamin B1: 0.03mg (2.16%), Copper: 0.04mg (1.88%), Manganese: 0.03mg (1.57%), Folate: 5.81µg (1.45%), Calcium: 13.52mg (1.35%)